



NEWS & VIEWS

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Celebrating Holidays *AND* Moving Forward

By: Kathy Danek, President

Merry Christmas and a very Happy New Year. In this time of year, we can't help but gather together to count our blessings. We find those blessings in family, friends, work, relaxation and volunteer activities. We see a need, assess the situation and finally devise a plan to meet that need. Every individual has the ability to make a difference. Those differences create a world of compassion and hope.

But this season is much bigger than Christmas and welcoming a new year. In the Christian faith, we welcome a savior – a baby born in Bethlehem in fulfillment of God's promise to send his son to save us all. We celebrate on December 25. But our Jewish friends celebrate Channukah which is observed for eight nights and days, starting on the 25th day of Kislev according to the Hebrew calendar, which may occur at any time from late November to late December in the Gregorian calendar. It is also known as the **Festival of Lights** and the **Feast of Dedication**.

The festival is observed by the kindling of the lights of a unique candelabrum, the nine-branched *menorah* (also called a *Chanukiah/Hanukiah*), one additional light on each night of the holiday, progressing to eight on the final night.

The typical menorah consists of eight branches with an additional visually distinct branch. The extra light, with which the others are lit, is called a *shamosh* (Hebrew: "שמש", attendant) and is given a distinct location, usually above or below the rest.

Our Muslim friends celebrate Ramadan which is the ninth month of the Islamic calendar, and is observed by Muslims worldwide as a month of fasting to commemorate the first revelation of the Quran to Muhammad according to Islamic belief. This annual observance is regarded as one of the Five Pillars of Islam. The month lasts 29–30 days based on the visual sightings of the crescent moon, according to numerous biographical accounts compiled in the hadiths.

The word Ramadan comes from the Arabic root-*ramad*, which means scorching heat or dryness. Fasting is *fardh* (obligatory) for adult Muslims, Fasting the month of Ramadan was made obligatory (*wajib*) during the month of *Sha'aban*, in the second year after the Muslims migrated from Mecca to Medina. Fatwas have been issued declaring that Muslims who live in regions with a natural phenomenon such as the midnight sun or polar night should follow the timetable of Mecca.

The African American community celebrates Kwanzaa. As an African American and Pan-African holiday celebrated by millions throughout the world African community, Kwanzaa brings a cultural



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Recognizing Auxiliary Member Achievements

“When Women Succeed, America Succeeds”

Honoring Carolyn Denton

Carolyn Denton was one of 44 women honored who are leaders and inspirations in their California communities. Following introductory remarks and commendation presentations California Congressman John Garamendi and the women of the year discussed ways Congress and the federal government can do more to improve the quality of life in their district.

Carolyn Denton has been a tireless Orland, California advocate since she moved to Glenn County which includes leadership roles in the Orland Women’s Improvement Club and the Orland Business Improvement Club. Carolyn was a creator of the annual Avenue of Lights, a one-mile long holiday light show that has received national recognition. For the past 22 years, as a leader in her church, Carolyn has led the annual All Church Bizarre and leads the quilt project to bring warmth to those in need.

Carolyn also served as the President of the El Cajon Postal Union and it was noted in the Wall Street Journal that she and her husband Byron were the first husband and wife to both serve as Postal Union Presidents at the Post Office in American history.



California Congressman John Garamendi presenting Carolyn Denton with her commendation award. Her achievement is now part of the Congressional Record in Washington, D.C.

Carolyn continues to serve as Vice President of the California American Postal Worker Union Auxiliary today.

BRIDGE BUILDERS GUIDELINES

Rewarding a lifetime of Auxiliary Dedication

The Bridge Builders Award was designed to recognize those members of either the Auxiliary or the APWU who have shown support for the Auxiliary. Those who are honored with this award are active in one or more of the following areas:

1. Assisting the Union/Auxiliary
2. Human Relations
3. Legislation
4. Political Action
5. Public Relations
6. Organizing/ Recruiting

This award is given only once a year and to one person per state. The letter of nomination must come from an **Auxiliary Member** and must list the areas the person is active in. The person may only receive the award one time. We encourage all Auxiliary members, in good standing, to submit a letter of nomination for a member Local or State Auxiliary or APWU. That person may be someone that no one really sees. It may be the member who sells all those entire rolls of raffle tickets to help raise funds, or the member who lugs all the boxes and helps set up. That member may have written countless letters to their representatives or helped during a campaign. The list goes on and on. Those members are out there and they deserve to be recognized and rewarded. Take a few minutes to tell us about that member.

The deadline is December 31, 2016.

Be sure to include name, city and state, local name and tell us about the accomplishments they have done in the areas above.

Please use black ink to fill out the nomination form which is on the following page.



BRIDGE BULDERS AWARD NOMINATION FORM

Please send (via US. Mail, fax or email) completed form of nomination to Clara Hill,

2710 Waverly St, Knoxville, TN 37921 or contact her at Wavechill@att.net, fax # 865-637-1867

Deadline December 31, 2016

THIS FORM MUST ACCOMPANY YOUR NOMINATION.

LETTER OF NOMINATION IS OPTIONAL, BUT IF IT IS SENT, IT MUST BE DATED AND SIGNED!

If more space is needed, please attach a separate sheet of paper!

All Nominations will receive a letter of acknowledgement from the committee.

	Please write answers in this column	
1. Name of person being nominated:		
2. City and State that nominee is from:		
3. Which of the following areas has the nominee been active in? (Check one or more that apply)		
a. Assisting the Union/Auxiliary ___	b. Human Relations ___	
c. Legislation ___	d. Political Action ___	
e. Public Relations ___	f. Organizing/Recruiting ___	
g. Other ___ Please specify:		
4. Please give details of what they have done in the above areas:	Please tell us about any Community Service or Activity they are or have been involved in:	
5. Has nominee been or is an Officer in the AP-WU/Auxiliary?	6. Offices held and what level (state/local, etc.)?	
	State	Local
7. How many years has this person been a member?		
<i>Optional question please included with any further details.</i>		
8. Is their family involved? (Please give a brief description of involvement.)		
9. Did they chair any committees for their local or state? (Please give details.)		
10. Did they implement any new programs at the state or local level? (Please give details.)		
11. Name, address and local of person submitting this nomination.		
Date submitted:		
Submitted by (name & Local)		

Kwanzaa - Celebrating Traditional African Roots

By: Debra Stewart

Kwanzaa was established in 1966 which is celebrated by African Americans from December 26th until January 1st, as a way to reconnect to their traditional African roots.

Kwanzaa celebrates what its founder called the seven principles of Kwanzaa, or Nguzo Saba. These seven principles comprise Kawaida, a Swahili word meaning "common". Each of the seven days of Kwanzaa is dedicated to one of the following principles, as follows:

Umoja (Unity): To strive for and to maintain unity in the family, community, nation, and race.

Kujichagulia (Self-Determination): To define and name ourselves, as well as to create and speak for ourselves.

Ujima (Collective Work and Responsibility): To build and maintain our community together and make our brothers' and sisters' problems and to solve them together.

Ujamaa (Cooperative Economics): to build our own stores, shops, and other businesses and to profit from them together.

Nia (Purpose): To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

Kuumba (Creativity): To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.

Imani (Faith): To believe with all our hearts in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.



President's Report

continued

message which speaks to the best of what it means to be African and human in the fullest sense. Given the profound significance Kwanzaa has for African Americans and indeed, the world African community, it is imperative that an authoritative source and site be made available to give an accurate and expansive account of its origins, concepts, values, symbols and practice.

Regardless of the holiday festivities you celebrate, your National Auxiliary would like to wish you the happiest of holidays and a very Happy New Year.



MOVING FORWARD

As we move forward following the November election, many are trying to piece together what this means to us as APWU and Auxiliary families. We are vigilant and anxious about what a Trump presidency will mean to many of our

families. We concern ourselves with the constant and continued threat to our U. S. Postal Service. This great service ties our nation together, in an interconnect fabric of communication. The USPS was constitutionally created by our forefathers and continues to be mandated in our Constitution.

Communication will be the great key to inspire us to activity. We must return to our roots and find a way to communicate with our elected leaders. Writing a letter, making a phone call, setting up a personal contact will be ever important in sharing our concerns for our nation and our jobs.

We must protect Social Security and Medicare, two of the most important services for our citizens. These two government services have created a safety net for our senior citizens that not only provides a basic standard of living, but allows them to obtain medical care that creates a healthier lifestyle.

These are just a couple of important issues that will drive us in the year ahead. We will remain vigilant and active while we celebrate our 100th birthday. We have a strong year ahead of us, but it will be up to our Auxiliary and each of you to make this year great. If we all do our part, our voices will be heard, action will follow and our membership will continue to grow. It's up to each of us and the Auxiliary, the APWU and our country is counting on us.

Winter Safety - At Home and On the Road

By: Rebecca Kingsley

As a “girl” from California, we tend to lack when it comes to safety in the winter. Unlike other regions of the States, we’re happy at 60 degrees during our winter time. Don’t get me wrong; it can get cold, once in 1949 it got down to a record low of 28. Normally we “Southern Californians” don’t check our car or house until its pouring rain (I mean any rain over an hour straight). So here are a few tips that one should always keep in mind no matter what kind of weather you have.

Drive safely. It’s important to check the tires on your car. Check for correct pressure and for appropriate tread. Simply insert a penny into your tire’s tread groove with Lincoln’s head upside down and facing you. If you can see all of Lincoln’s head, your tread depth is less than 2/32 inch and it’s time to replace your tires. Another easy coin test is the quarter test, per Good Year’s Auto Service Center.

True Story: When I was younger, driving in my first car, a 1979 Pontiac Phoenix, I had no idea how to care for a car. So, as I was driving onto a freeway entrance that was a “C”, I slid onto the curb and ivy. It was a rainy day and I had no idea that my tires were bald. Yikes.

Remember to drive the **appropriate speed**. Slow down - 10 MPH under the speed limit when there it’s pouring rain, snowing, foggy and heavy winds. Avoid tailgating always.

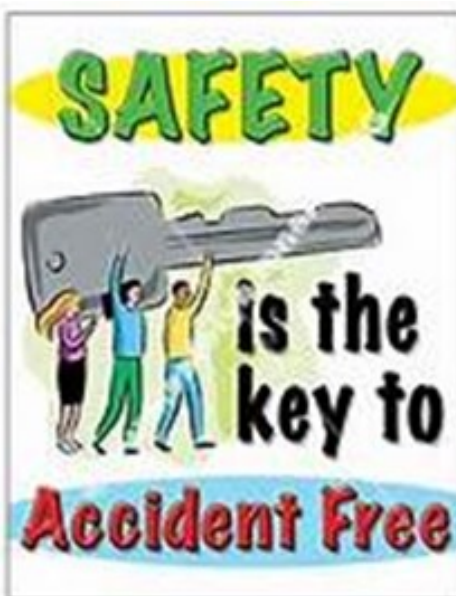
Living in a Metro area, I have seen my share of accidents due to rain. “We” tend to forget that the first “rain” and the oil that has built up over the year on the road, along with speed equals “stand still” traffic. What should be a 30-minute drive to work can be 2 hours in bad weather.

Check your oil, belts, and windshield wipers regularly.

“Parents”!! Teach your children the basics of caring for a car!! I say this with the utmost endearment. That beauty of a V-8 I mentioned earlier. It lasted with me one and a half years. I knew you put gas in, but I had no idea you had to change the oil. My bad.

Avoid walking injuries. Be aware of your surroundings and wear the appropriate shoes. We might want to look nice, but the wrong shoes in snow or slippery conditions could cause a fall, causing injury. And slow down as well out there when walking to your car, work or home. This also includes proper back support when shoveling snow.

Nothing causes more embarrassment then slipping on the side walk. OK, it was embarrassing for me. I thought I was all kosher in my cute shoes and outfit, when I decided to run



to avoid the dropping rain and WHAM! Not the band Wham, my shoes had no hold on the cement and slip away I did do. Thank goodness I think no one saw me.

Heaters. Make sure to “air” out the house when first using your heating vents. All year long your vents have been collecting dust and dirt. So, when you turn them on for the first time that smell you smell, it’s the dust and dirt. Make sure your vents, flues, cavity of the wall heaters are clear from years of built up ash and obstruction.

In our home, we use the wall heater maybe 3 months out of the year. So as normal before we turn it on, we do the normal dusting and vacuuming of the face panels. Easy enough, light the pilot and voila,

heat. It just so happened that the boys were gone this one weekend. Early Saturday morning my husband, Louis, left for his friend’s house to work on a project and I stayed home (slept in really). I was doing my normal Saturday thing, then it started to get cold, so I turned on the heater. As time when by (maybe an hour) I felt a little light headed at first, then a little sick, then felt heavy with sleep. Just then Louis called and said to go over to see the work they had done. I didn’t want to. I felt that bad. But I did it anyway. When Louis picked me up I felt awful, then the headache was pounding. After a few hours, I started to feel better. Then it hit me. I had Louis install a carbon monoxide detector first thing the next morning (don’t worry I turned off the heat before I had left with my husband), and after a few minutes of the heater on (windows open) the alarms were screaming. My husband and I just looked at each other in awe. Had he not called and insisted that I go with him, I may not be here today. It was years and years of built up goo, ash and what looked like soot. Thankfully we could get it all cleared up - without buying a new wall heater - with proper instruction from the Gas Company.

Safety is a yearlong conversation. There are many websites to look at for more information. Just type in “fireplace safety” or “bad weather conditions safety” and you’re sure to find many organizations offering advice. But here’s my advice to you, you can read and learn about all the safety, but it’s up to you to do your best at following the advice. Be proactive for you and your family. Have a warm and safe winter season.



Study reveals other reasons for not getting kids vaccinated

TUESDAY, Oct. 4, 2016 (HealthDay News) -- Many American parents who don't get their children flu shots say they don't see the need, according to a new study.

"The first and most common reason could encompass a belief that risk for contracting influenza is low in their family as well as that the vaccine offers little protection," said study lead author Dr. Scott Field of the University of Alabama School of Medicine. It's possible that people who haven't had the flu themselves underestimate its potential severity, he suggested.

For the study, during the 2012-2013 flu season, researchers questioned 131 parents of children ages 9 months to 18 years old. They asked about the children's history of flu and flu vaccination, reasons for not having their children vaccinated, and if they planned to have their children vaccinated for the next flu season. The three most common reasons parents gave for not getting their children flu shots were: believing such vaccination was not needed, fear of possible side effects, and forgetting or not getting around to it.



The three most common reasons parents gave for not getting their children flu shots were: believing such vaccination was not needed, fear of possible side effects, and forgetting or not getting around to it.

The study results were published in the October issue of the *American Journal of Infection Control*.

Flu causes more hospitalizations and deaths among American children than any other vaccine-preventable disease, the researchers said in background notes. Each year, more than 200,000 people in the United States are hospitalized for respiratory and heart problems associated with seasonal flu. It also causes 3,000 to 49,000 deaths annually, according to the U.S. Centers for Disease Control and Prevention.

The CDC recommends everyone 6 months and older get a flu shot each year. Some people may be skeptical about the need for flu vaccination because they haven't been exposed to influenza, the study authors suggested. "A reason rarely discussed in the medical literature relating to why many parents do not think influenza vaccines are needed is the infrequency with which many individuals and families experience influenza first hand," Field said in a journal news release.

More information

The U.S. Centers for Disease Control and Prevention has more about [seasonal flu vaccination](#).

-- Robert Preidt

SOURCE: *American Journal of Infection Control*, news release, Sept. 29, 2016

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How Does Our Presidential Vote Count? What Happens Between Election Day and the Inauguration?

By: Bonnie Sevre

When we voted on election day we were casting ballots for the candidate's party's slate of electors. Each state receives an electoral vote for each representative and senator. We have a total of 435 representatives and 100 senators adding up to 535 votes, so how do we arrive at 538 electoral votes? Under the [23rd Amendment](#) of the Constitution, the District of Columbia is allocated 3 electors and treated like a state for purposes of the Electoral College.

Most states distribute votes to a winner take all system. Two states, Maine and Nebraska, operate under a different system whereby the winner of each congressional district is awarded one vote and the winner of the statewide vote is awarded each states remaining two electoral votes.

The meeting of the electors takes place on the first Monday after the second Wednesday in December after the presidential election (which will be December 19th this year). The electors meet in their respective states, where they cast their votes for President and Vice President on separate ballots. Those vote counts are then sent to the government by late December.

On the afternoon of January 6, unless the date is changed, the vice president will open the electoral votes before a joint session of the Congress where they will be counted.



If there is a tie in the Electoral College or if no candidate receives 270 electoral votes, the House would elect the next president based on the three presidential candidates who receive the most electoral votes, with one vote per state delegation, and the Senate would elect the vice president.

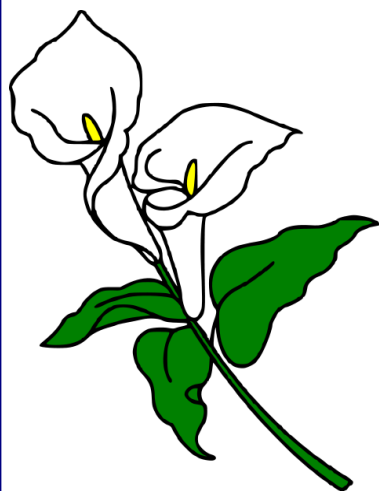
The President-Elect takes the oath of office and is sworn in as President of the United States on January 20th in the year following

the Presidential election.

Much of the public feels that the electoral college should be eliminated. Hundreds of proposals have been introduced in Congress to change the process but none of them have passed.

Proponents of reforming the Electoral College argue that the current system leads to candidates ignoring many states during the general election. They think candidates should win the election with most of the popular vote. In 2000 Al Gore won the popular vote but George Bush won the electoral college. This year Hillary Clinton won the popular vote and Donald Trump won the electoral college.

Others support keeping the Electoral College. They say the framers of the Electoral College were afraid that if the presidency was just based on the national popular vote, then candidates would simply go to the big cities and ignore the rural parts of the country.



*Our Deepest Sympathy to
National Auxiliary President, Kathy Danek,
and her family
on the passing of Kathy's mother
Margaret Kathryn Joseph*

*May the peace that comes from the memories comfort you
now and in the days ahead*

2016-2018 Human Relations Project

By: Joyce Tanguay

*Be true to yourself. Make each day a masterpiece.
Help others.*

Child Inc.

It's a dreary November day and as I'm sitting here trying to decide what to write for this month's Human Relations Project, **Child Inc.**, my thoughts turn to how very fortunate I am. Every day, not only when the sun is shining but on days like this one. Fortunate that I and none of my acquaintances have ever had to be the recipients of donations to help us receive a solid education or adequate food and decent clothing. Just think about it; the holidays are here and for many of us our thoughts are on shopping, baking, getting together with friends and looking forward to Christmas and then the New Year. We sometimes get so wrapped up in our own world that we become oblivious to those in need.

The children at **Child Inc.** are in need and my hope is that either now or after the holidays you will take a few minutes and check out their website at www.childrenincorporated.org to better understand all that this program provides for children all across the country. If you have never donated to our projects we would like you to consider doing so. For all of you who have always supported us our hope is that you will continue to do so.

All checks may be made out to *Auxiliary to the APWU* and sent to Trisa Mannion, Treasurer, 3038 Cloverdale Ct., Grand Junction, CO 81506

Best wishes to you and yours for a Merry Christmas and a wonderful Holiday Season.



**Happy
Holidays**

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